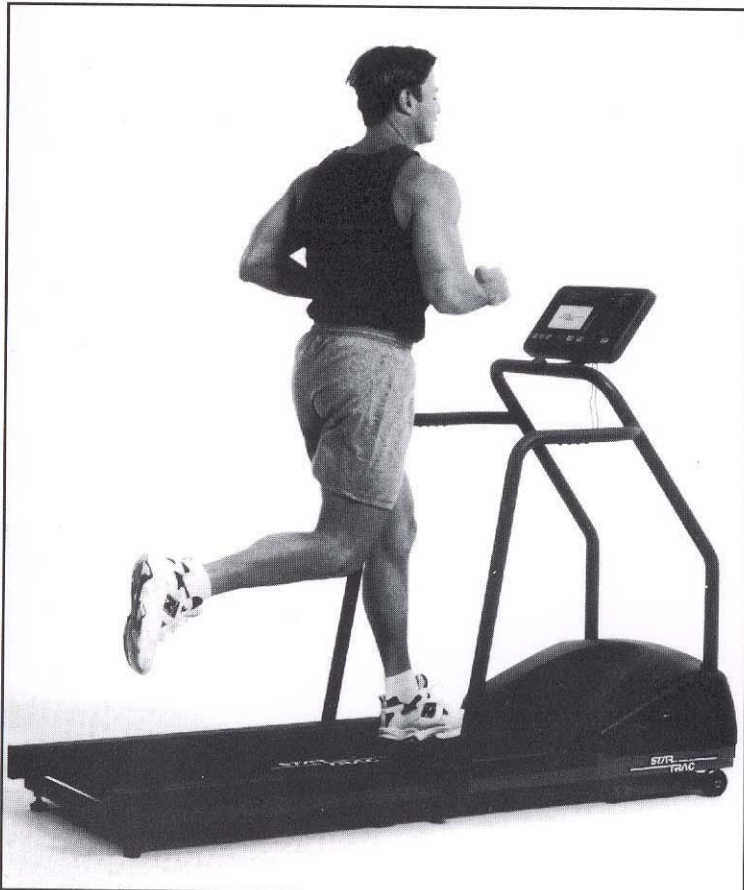


# ***STAR TRAC TR901 TREADMILL***

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## ***OWNER'S MANUAL***



**STAR**  
**TRAC**

*Star Trac by Unisen*

*P/N 620-1059*

*Revision Date: November, 1999 B*



# ***STAR TRAC TR901 TREADMILL OWNER'S MANUAL***

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***STAR TRAC TR901 Owner's Manual***



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## ***INTRODUCTION***

Thank you for your purchase of the **STAR TRAC TR901** treadmill. You are to be congratulated on your commitment to exercise. By purchasing the **TR901**, you have chosen quality first, and shown that you want a product designed to provide years of trouble-free use.

The **TR901** has been voted "Best Buy" by several leading consumer publications for several years running. **STAR TRAC**, a leader in commercial exercise equipment for health clubs, has taken the best features from our commercial models and incorporated them into the **TR901**.

This manual has been prepared to acquaint you with the assembly, operation and maintenance of your **TR901** treadmill. **STAR TRAC** recommends that you read this manual in its entirety before assembling and operating the **TR901**. On the following pages you will find a wide variety of information that will help you begin easily, quickly and safely.

## ***WARNING***

The **STAR TRAC TR901** is designed for aerobic exercise in a home environment.  
Please read the Owner's Manual in its entirety before operating the treadmill.

**STAR TRAC** recommends that you check with your physician prior to beginning any exercise program. **DO NOT** push yourself to excess. **STOP** if you are feeling faint, dizzy or exhausted.  
Use common sense when walking or running on the treadmill.



# ***SAFETY INSTRUCTIONS***

**CHAPTER**

**1**

- Dutch
- English
- French
- German
- Italian
- Portuguese
- Spanish
- Swedish



**IMPORTANT SAFETY INSTRUCTIONS****WARNING:**

This product is for use on a circuit having a nominal rating of more than 120 volts and is factory-equipped with a specific electric cord and plug to permit connection to a proper electric circuit. Make sure that the product is connected to an outlet having the same configuration as that of the plug. No adapter should be used with this product. If the product must be reconnected for use on a different type of electric circuit, the reconnection should be made by qualified service personnel.

**SAVE THESE INSTRUCTIONS**

Before undertaking a new exercise program or fitness regime, we strongly encourage you to discuss your plans with your health care professional, especially if you have not been on a regular exercise program within the year, are over 35 or are overweight.

READ ALL INSTRUCTIONS BEFORE USING YOUR TREADMILL.

**WARNING:** To reduce the risk of electric shock, **ALWAYS** unplug the treadmill from the electrical outlet before cleaning.

**DO**

- Do stop operating the treadmill if you feel faint or dizzy.
- Do know your limitations.
- Do unplug the treadmill before cleaning, removing or replacing any part.
- Do use this product for its intended use only.
- Do perform regular preventative maintenance.
- Do keep cord away from heated systems.
- Do wait until the running belt has stopped before dismounting the treadmill.
- Do keep air openings free of lint, hair and the like. Never operate treadmill with air openings blocked.
- Do switch off the power at the breaker switch.

**DO NOT**

- Do not attempt to use the **STAR TRAC TR901** before reading this manual.
- Do not leave the treadmill unattended without first removing the safety key to disable the unit.
- Do not allow unsupervised children to operate the treadmill.
- Do not mount or dismount the treadmill while it is running.
- Do not use outdoors.
- Do not overtighten the running belt.
- Do not operate this treadmill if it has a damaged cord or plug, if it is not working properly or if it has been dropped or damaged. Contact your authorized **STAR TRAC** retailer or the **STAR TRAC** service department at 800-503-1221 or access our web site at <http://www.startrac.com>, for immediate examination or repair.

SAVE THESE INSTRUCTIONS

# **STAR TRAC TR901 LAUFBAND**

---

## **SICHERHEITSVORSCHRIFTEN**

### **WARNUNG**

Dieses Produkt ist für den Gebrauch an einer passenden Netzsteckdose mit 220 Volt Spannung bestimmt und werkseitig mit einer dafür vorgesehenen Netzleitung und einem Netzstecker ausgerüstet. Stellen Sie sicher, daß das Gerät nur an einem Anschluß mit gleicher Bauart wie der Stecker angeschlossen wird. **VERWENDEN SIE KEINEN ADAPTER FÜR DEN BETRIEB DES TR901.** Wenn das Gerät zum Betrieb an einem anderen Stromnetz auf einen anderen Netzstecker umgerüstet werden muß, sollte die Umrüstung durch einen qualifizierten Elektriker durchgeführt werden.



**ACHTUNG:** GERÄT VOR DEM REINIGEN ODER WARTEN VON DER STROMVERSORGUNG TRENNEN



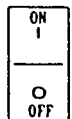
**ACHTUNG:** VOR DER BENUTZUNG SICHERHEITSVORSCHRIFTEN LESEN



BEDIENUNG UNTERBRECHEN



WECHSELSTROM



EIN

AUS

## **SICHERHEITSVORSCHRIFTEN**

Diese Sicherheitshinweise sind an Sie, den Besitzer des Laufbandes **STAR TRAC TR901**, gerichtet. Bitte weisen Sie Ihre Mitglieder und Ihre Fitneß-Mitarbeiter an, sich an die folgenden Sicherheitsvorschriften zu halten.

LESEN SIE ALLE ANWEISUNGEN VOR DER BENUTZUNG DES LAUFBANDS.

**WARNUNG:** Um das Risiko eines elektrischen Schlages zu vermeiden, nehmen Sie den Stecker des Laufbands vor dem Reinigen **IMMER** aus der Netzsteckdose.

### **SIE SOLLTEN...**

Die Benutzung des Laufbandes beenden, wenn Schwindel oder Benommenheit auftritt.  
An Ihre Grenzen denken.  
Das Laufband vor jeglichen Wartungs- und Reinigungsarbeiten abschalten.  
Das Gerät nur für den vorgesehenen Verwendungszweck benutzen.  
Regelmäßige vorbeugende Wartungsarbeiten durchführen.  
Die elektrischen Leitungen von Wärmequellen fernhalten.  
Den Stillstand des Laufriemens abwarten, bevor Sie das Laufband auseinanderbauen.  
Die Lüftungsöffnungen frei von Staub, Haaren und Ähnlichem halten.  
Das Laufband niemals mit verdeckten Lüftungsschlitzen betreiben.  
Die Stromversorgung immer am Netzschalter abschalten.

### **SIE SOLLTEN NIEMALS...**

Kinder das Laufband unbeaufsichtigt benutzen lassen.  
Schutzvorrichtungen entfernen oder das Gerät umbauen.  
Das Gerät im Freien benutzen.  
Den Laufriemen überspannen.  
Das Laufband mit beschädigter Netzleitung betreiben, wenn es nicht richtig funktioniert, heruntergefallen ist oder beschädigt wurde. Für sofortige Reparaturunterstützung kontaktieren Sie einen autorisierten Händler oder den Kundendienst von STAR TRAC telefonisch unter +1 714 669 1660, bzw. benutzen Sie unsere Web-Seite unter <http://www.startrac.com>.  
Das Laufband ohne die passenden Sportschuhe benutzen.  
Gegenstände in eine Öffnung am Gerät hineinfallen lassen.  
Gegenstände, Hände oder Füße in eine Öffnung am Gerät stecken oder diese unter das Gerät legen.  
Wasserflaschen oder Trinkbecher auf das Laufband stellen, es sei denn, Sie haben ein speziell für diesen Zweck und für dieses Laufband gedachtes Zubehörteil.  
Das Laufband in Räumlichkeiten benutzen, in denen Produkte in Aerosoldosen (Sprays) angewandt werden oder in denen Sauerstoff verabreicht wird.  
Das Laufband mit abgenommener Motorabdeckung laufen lassen, oder das Gerät auf irgendeine Art und Weise verändern.

# **ESTEIRA STAR TRAC TR901**

## **INSTRUÇÕES DE SEGURANÇA**

### **ADVERTÊNCIA**

Este produto deve ser usado em um circuito com tensão nominal de 220 volts. Ele foi fabricado com um cabo de alimentação e plugue específicos para permitir a sua conexão com um circuito elétrico apropriado. Certifique-se de que o produto esteja conectado a uma tomada com as mesmas configurações do plugue. **NÃO UTILIZE ADAPTADORES PARA ESTE PRODUTO.** Se for necessário reconectar o produto para utilização em um tipo diferente de circuito elétrico, este procedimento deverá ser executado por pessoal qualificado.



**ATENÇÃO:** ANTES DE LIMPAR OU FAZER MANUTENÇÃO, DESCONECTE O APARELHO DA TOMA DA



**ATENÇÃO:** LEIA O MANUAL DE INSTRUÇÕES ANTES DE OPERAR A ESTEIRA



PARE (A AÇÃO)



CORRENTE ALTERNADA



I LIGAR

O DESLIGAR

## **INSTRUÇÕES DE SEGURANÇA**

Estas observações de segurança destinam-se à você, proprietário da **ESTEIRA STAR TRAC TR900**. Treine todos os membros e funcionários que utilizarão o equipamento para que sigam estas instruções de segurança.

### LEIA TODAS AS INSTRUÇÕES ANTES DE USAR SUA ESTEIRA

**ADVERTÊNCIA:** para reduzir os riscos de choque elétrico, **SEMPRE** desconecte a esteira da tomada antes de limpá-la

Pare de usar a esteira se você se sentir fraco ou com tontura. Reconheça seus limites. Desconecte a esteira da tomada antes de limpá-la ou antes de remover ou substituir qualquer peça.

Utilize este equipamento única e exclusivamente para o seu devido fim.

Faça manutenção preventiva regularmente.

Mantenha o fio afastado de superfícies aquecidas.

Espere até que a esteira esteja completamente parada antes de descer do aparelho.

Mantenha as saídas de ar desobstruídas de fiapos de tecidos, cabelos e outros objetos.

Nunca opere a esteira coma as saídas de ar bloqueadas.

Desligue o aparelho com o interruptor de força.

Não permita que crianças operem a esteira sem supervisão de um adulto.

Não suba ou desça da esteira enquanto ela estiver em movimento.

Não utilize a esteira ao ar livre.

Não estique demais o tapete da esteira.

Não opere esta esteira se o cabo de alimentação ou o plugue da tomada

estiverem danificados, se ela não estiver funcionando perfeitamente ou se tiver sofrido queda ou danos. Procure seu

revendedor autorizado **STAR TRAC** ou o departamento de assistência técnica

**STAR TRAC** pelo telefone

1 714 669 1660 ou acesse nosso “web

site” no endereço <http://www.startrac.com> para fazer uma consulta ou conserto imediato.

Não utilize a esteira sem calçar tênis.

Não deixe cair nem introduza nenhum objeto, as mãos ou pés em nenhuma abertura do equipamento ou debaixo deste.

Não coloque garrafas d’água nem copos na esteira se não estiver utilizando o devido acessório projetado para esse fim. Não utilize a esteira onde estejam sendo usados produtos de aerosol (spray) ou em lugares onde esteja sendo administrado oxigênio.

Não opere o equipamento com a tampa do motor removida nem faça nenhuma modificação no equipamento.

# **TAPIZ RODANTE *STAR TRAC TR900***

---

## **INSTRUCCIONES DE *SEGURIDAD***

### **ADVERTENCIA**

Este producto está preparado para utilizarse en un circuito de 220 voltios y se suministra equipado de fábrica con un cable y un enchufe eléctricos específicos para permitir su conexión a un circuito eléctrico apropiado. Asegúrese de que el producto se conecte a una toma de corriente con la misma configuración que el enchufe. **NO UTILICE NINGÚN ADAPTADOR CON ESTE PRODUCTO.** Si este producto necesita ser modificado eléctricamente para utilizarse en un tipo diferente de circuito eléctrico, dicha modificación debe ser realizada únicamente por el personal de servicio calificado.



**ATENCIÓN:** DESCONECTE EL SUMINISTRO DE CORRIENTE ANTES DE LIMPIAR O REPARAR



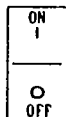
**ATENCIÓN:** LEA EL MANUAL DE INSTRUCCIONES ANTES DE SU UTILIZACIÓN



PARAR (EL FUNCIONAMIENTO)



CORRIENTE ALTERNA



ENCENDIDO

APAGADO



## **INSTRUCCIONES DE SEGURIDAD**

Estas notas sobre seguridad van dirigidas a Vd. como propietario del **TAPIZ RODANTE STAR TRAC TR900**. Haga que todos los usuarios y preparadores físicos cumplan estas instrucciones de seguridad.

LEA TODAS LAS INSTRUCCIONES ANTES DE UTILIZAR SU TAPIZ RODANTE.

**ADVERTENCIA:** Para reducir los riesgos de sufrir una descarga eléctrica, desenchufe **SIEMPRE** el tapiz rodante antes de limpiarlo.

### **QUÉ HACER**

Detenga el tapiz rodante si se nota desfallecido o mareado.  
Conozca sus limitaciones.  
Desenchufe el tapiz rodante antes de limpiar, quitar o cambiar alguna pieza.  
Utilice este producto sólo para los usos que está diseñado.  
Realice un mantenimiento preventivo de manera regular.  
Mantenga el cable separado de fuentes de calor.  
Espere a que la cinta móvil haya parado antes de descender del tapiz rodante.  
Mantenga las entradas de aire libres de pelusa, pelo y similares. No utilice nunca el tapiz rodante con las entradas de aire bloqueadas.  
Desconecte de la corriente por medio del disyuntor.

### **QUÉ NO HACER**

No permita que los niños utilicen el tapiz rodante sin supervisión.  
No suba o baje del tapiz rodante mientras está funcionando.  
No debe utilizarse en exteriores.  
No tense demasiado la cinta móvil.  
No utilice este tapiz rodante si tiene el cable o el enchufe dañados, si no funciona adecuadamente o si ha sufrido algún golpe o deterioro. Póngase en contacto con su vendedor autorizado de **STAR TRAC**, con el departamento de servicios de **STAR TRAC** llamando al número +1 714 669 1660 o accediendo a nuestra página de la web en <http://www.startrac.com>, para un examen o reparación inmediatos.  
No utilice el tapiz rodante sin calzado deportivo.  
No deje caer ni introduzca ningún objeto, manos o pies en ninguna abertura del aparato o debajo del mismo.  
No deje botellas de agua ni tazas sobre su tapiz rodante excepto si utiliza el accesorio adicional diseñado para este fin. No utilice su tapiz rodante en lugares en los que se están usando productos aerosoles (en spray) o en los que se está administrando oxígeno.  
No encienda este aparato con la cubierta del motor retirada, ni lo modifique de ninguna manera.

# TREADMILL *STAR TRAC TR901*

## ISTRUZIONI DI SICUREZZA

### ATTENZIONE

Questo prodotto è da usare su un circuito elettrico con una tensione nominale di 220 volt ed è fornito dalla fabbrica con un cavo elettrico e spina specifici per permettere il collegamento ad un circuito elettrico appropriato. Assicuratevi che il prodotto sia collegato ad una presa che abbia la stessa configurazione della spina. **NESSUN ADATTATORE DEVE ESSERE USATO CON QUESTO PRODOTTO.** Se il prodotto deve essere ricollegato per l'uso su un circuito elettrico diverso, il ricollegamento deve essere effettuato da un elettricista qualificato.



ATTENZIONE: PRIMA DI PULIRE O ESEGUIRE LA MANUTENZIONE, TOGLIETE LA SPINA



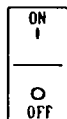
ATTENZIONE: PRIMA DI USARE LEGGETE IL MANUALE DELLE ISTRUZIONI



FERMA IL MOVIMENTO



CORRENTE ALTERNATA



ACCESO

SPENTO

## **ISTRUZIONI DI SICUREZZA**

Queste indicazioni sono indirizzate ai proprietari del **TREADMILL STAR TRAC TR901**. Chiedete a tutti i membri della vostra palestra e al vostro staff di seguire queste istruzioni di sicurezza.

LEGGETE TUTTE LE ISTRUZIONI PRIMA DI USARE IL TREADMILL.

**ATTENZIONE:** per ridurre il rischio di scossa elettrica, staccate **SEMPRE** la spina della corrente del treadmill prima di pulirlo.

### **DA FARE**

Fermate il treadmill se vi sentite svenire o avete capogiri.  
Siate coscienti dei vostri limiti.  
Staccate la spina prima di pulire, spostare o cambiare qualsiasi parte del treadmill.  
Usate questo prodotto solo per l'uso inteso.  
Eseguite la manutenzione regolare.  
Mantenete la corda elettrica lontana da fonti di calore.  
Aspettate fino a quando il nastro è completamente fermo prima di scendere dal treadmill.  
Pulite le prese d'aria da polvere, capelli e simili. Non usate mai il treadmill con le prese d'aria bloccate.  
Spegnete la macchina tramite l'interruttore.

### **DA NON FARE**

Non permettete a bambini di usare il treadmill senza sorveglianza.  
Non salite o scendete dal treadmill mentre è in funzione.  
Non usatelo all'aperto.  
Non tirate troppo il nastro.  
Non usate il treadmill se il cavo elettrico o la spina sono danneggiati, se non funziona come dovrebbe o se è caduto o è danneggiato. Contattate il vostro rivenditore autorizzato **STAR TRAC** o l'assistenza clienti dello **STAR TRAC** al numero +1 714 669 1660 o visitate il nostro sito Internet a <http://www.startrac.com>, per esame o riparazione immediata.  
Usate il treadmill solo se calzate scarpe da ginnastica.  
Non lasciate cadere oggetti e non inserite mani o piedi nelle aperture o al di sotto del treadmill.  
Non appoggiate bottiglie d'acqua o bicchieri sul treadmill a meno che non stiate usando un supporto progettato appositamente per il treadmill.  
Non usate il treadmill in posti dove sono usati prodotti aerosol (spray) o dove è somministrato dell'ossigeno.  
Non accendete il treadmill con il coperchio del motore rimosso, e non modificalo in nessun modo.

# **STAR TRAC TR900-TRÆDEMØLLE**

---

## **SIKKERHEDSINSTRUKTIONER**

### **ADVARSEL**

Dette produkt er beregnet til brug i forbindelse med et el-net med nominel effekt på 220 volt. Det leveres med særlig ledning og stik fra fabrikken, som kun passer til den korrekte type el-net. Sørg for, at produktet er sat til en stikkontakt, som har samme konfiguration som stikket. **DER MÅ IKKE BRUGES ADAPTER TIL DETTE PRODUKT.** Hvis produktet absolut skal omstilles til en anden slags el-net, skal omstillingen foretages af kvalificeret servicepersonale.



**FORSIGTIG:** AFBRYD EL-KABLET, FØR DU GØR RENT ELLER SERVICERER.



**FORSIGTIG:** LÆS INSTRUKTIONSHÅNDBOGEN FØR BRUG



STOP (AF FUNKTION)



VEKSELSTRØM



TÆND

SLUK

## **SIKKERHEDSINSTRUKTIONER**

Disse sikkerhedsbemærkninger henvendes til ejeren af **STAR TRAC TR900-TRÆDEMØLLEN**. Sørg venligst for, at alle medlemmer og alt kondipersonale kender og følger disse sikkerhedsregler.

LÆS ALLE INSTRUKTIONERNE, FØR DU BRUGER DIN TRÆDEMØLLE.

**ADVARSEL:** For at mindske risikoen for at få elektrisk stød, skal du **ALTID** trække trædemøllens stik ud af kontakten, før du gør den ren.

### **SKAL**

Stig af trædemøllen, hvis du bliver mat i kroppen eller svimmel.  
Kend dine begrænsninger.  
Træk trædemøllens stik ud af kontakten, før du gør den ren, eller fjerner eller udskifter en del.  
Brug kun produktet til det formål, det er beregnet til.  
Foretag forebyggende vedligeholdelse med regelmæssige mellemrum.  
Hold ledningen fri af varmeanlæg.  
Vent til løbebåndet standser, før du stiger af trædemøllen.  
Hold ventilationsåbningerne fri for fnug, hår og lignende. Brug aldrig trædemøllen med blokerede luftventilationsåbninger.  
Sluk for elektriciteten på afbryderkontakten.

### **MÅ IKKE**

Tillad ikke børn uden opsyn at bruge trædemøllen.  
Stig ikke på eller af trædemøllen, mens den kører.  
Brug ikke trædemøllen udendørs.  
Stram ikke løbebåndet for meget.  
Brug ikke trædemøllen, hvis ledningen eller stikket er beskadiget, hvis trædemøllen ikke fungerer rigtigt, eller hvis den er faldet ned eller væltet og er blevet beskadiget. Kontakt den autoriserede **STAR TRAC**, forhandler eller serviceafdelingen hos **STAR TRAC** Ring på +1 71 46 69 1660 eller du kan få fat i os på vores web-site: <http://www.startrac.com> for øjeblikkeligt eftersyn eller reparation.  
Brug ikke trædemøllen uden kondisko.  
Undgå at tabe eller at stikke genstande, hænder eller fødder ind i en åbning i eller under udstyret.  
Stil ikke vandflasker eller kopper på trædemøllen, medmindre du har dertil beregnet tilbehør, som er specielt designet til trædemøllen. Brug ikke trædemøllen på steder, hvor der bruges aerosolprodukter (spray), eller hvor der administreres ilt.  
Udstyret må ikke køre uden motorafskærmning, og det er ikke tilladt at ændre udstyret på nogen måde.

# STAR TRAC TR900 LÖPBAND

## SÄKERHETSINSTRUKTIONER

### VARNING

Denna produkt ska användas med ström som har nominell klassificering på 220 volt. Produkten är fabriksutrustad med särskild elektrisk sladd och kontakt så att den kan kopplas in i ett riktigt urtag. Var säker på att produkten är kopplad till ett urtag som har samma form som kontakten. ANVÄND INTE NÅGON ADAPTER MED DENNA PRODUKT. Om produkten måste kopplas om för att användas i en annan typ av elektriskt urtag, ska omkopplingen göras av kvalificerad servicepersonal.



**VARNING!** INNAN DU RENGÖR ELLER SERVAR LÖPBANAN, KOPPLA UR ELSTRÖMMEN



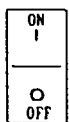
**VARNING!** LÄS BRUKSANVISNINGEN INNAN DU KÖR ENHETEN



STOP (STANNA RÖRELSEN)



VÄXELSTRÖM



I = TILL

O = FRÅN

## SÄKERHETSINSTRUKTIONER

Dessa säkerhetsföreskrifter är riktade till dig som ägare av **LÖPBANDET STAR TRAC TR900**. Se till att du lär dina medlemmar och anställda att följa säkerhetsinstruktionerna.

LÄS ALLA INSTRUKTIONER INNAN DU ANVÄNDER DITT LÖPBAND.

**WARNING:** För att minska risken för elektrisk stöt, dra **ALLTID** ur sladden ur elurtaget innan du rengör löpbandet.

### GÖR SÅ HÄR:

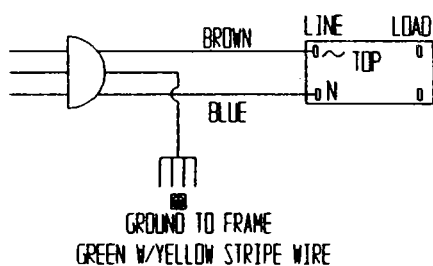
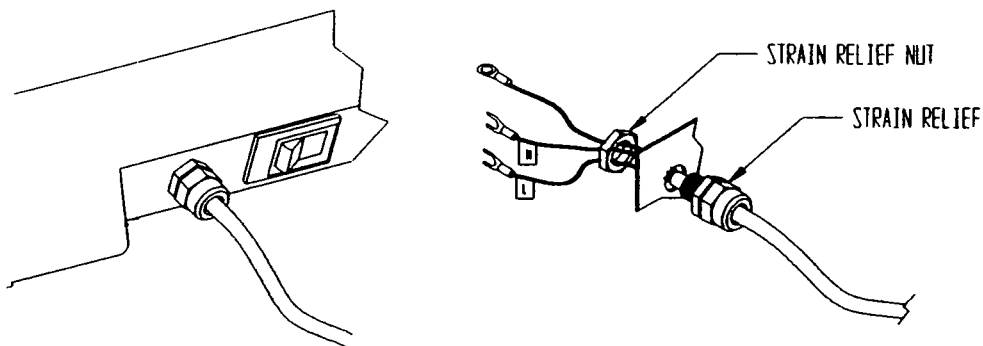
Sluta upp att använda löpbandet om du känner dig matt eller yr.  
Innan du börjar träna—ta reda på vad din kropp klarar av.  
Koppla ur löpbandets elkontakt innan du rengör bandet, tar bort eller ersätter någon del.  
Använd denna produkt endast för det den är avsedd för.  
Se över löpbandet i förebyggande syfte.  
Håll sladden borta från värmesystem.  
Vänta tills det rullande bandet har stannat innan du kliver av löpbandet.  
Håll luftöppningarna fria från ludd, hår och liknande. Kör aldrig löpbandet med luftöppningarna blockerade.  
Stäng av strömmen med knappen Till/Från.

### GÖR INTE DETTA:

Tillåt inte barn att köra löpbandet utan tillsyn.  
Stig inte på eller av löpbandet medan det är i gång.  
Använd inte enheten utomhus.  
Spänn inte det rullande bandet för hårt.  
Kör inte löpbandet om sladden eller stickkontakten är trasiga, om det inte fungerar riktigt eller om du har tappat det eller det har blivit skadat. Kontakta din auktoriserade **STAR TRAC** -återförsäljare eller **STAR TRAC** -kundtjänst, tel. nr +1 714 669 1660 eller titta på vår webbsajt <http://www.startrac.com> för information om omedelbar undersökning och reparation.  
Ha alltid på dig löpskor när du använder löpbandet.  
Du får aldrig tappa eller sticka in något föremål, händer eller fötter i någon öppning eller under utrustningen.  
Placera inte vattenflaskor eller koppar på löpbandet såvida du inte använder ett tillbehör som är konstruerat för löpbandet. Använd inte löpbandet i en omgivning där aerosol (sprej) produkter används eller där syre ges.  
Kör inte utrustningen med motorns hölje borttaget.  
Modifiera inte utrustningen på något sätt.

## **CORD REPLACEMENT INSTRUCTIONS**

1. Turn the power off and unplug the treadmill.
2. Using a phillips screw driver, remove the screw on the center front of the motor shroud, separate the velcro by pulling away on the sides of the shroud then slide the shroud up the front rail to access the power cord connection.
3. Remove the ground screw and disconnect ground wire.
4. Remove the breaker screws and disconnect the line (~) and neutral (N) wire.
5. Using a 15/16 or an adjustable wrench, loosen the strain relief nut.
6. Remove power cord.



7. Install new power cord by sliding the wires through the mounting panel hole.
8. Tighten the strain relief nut.
9. Connect the line and neutral wires to the breaker with the breaker screws.
10. Connect the ground to the frame with the ground screw.
11. Slide the shroud down the front rail. Press the sides of the motor shroud onto the sides of the side frames, causing the velcro to attach. Tighten the screw in the center front of the motor shroud.



This chapter details how to assemble your **STAR TRAC TR901** treadmill. Please begin by verifying the following parts were included in your **STAR TRAC** shipment:

**STAR TRAC TR901** frame with motor shroud

Two side handrails

Display control console with front rail with eight 1/4" X 3/8" long bolts attached

Two 5/16" X 2 1/2" long bolts and two 5/16" nuts attached to base frame

Toolkit consisting of:

One 5/32" hex key

One 1/4" hex key

One 5/64" hex key

Safety key

Polar chest strap

Owner's Manual

Warranty Information and Registration Card

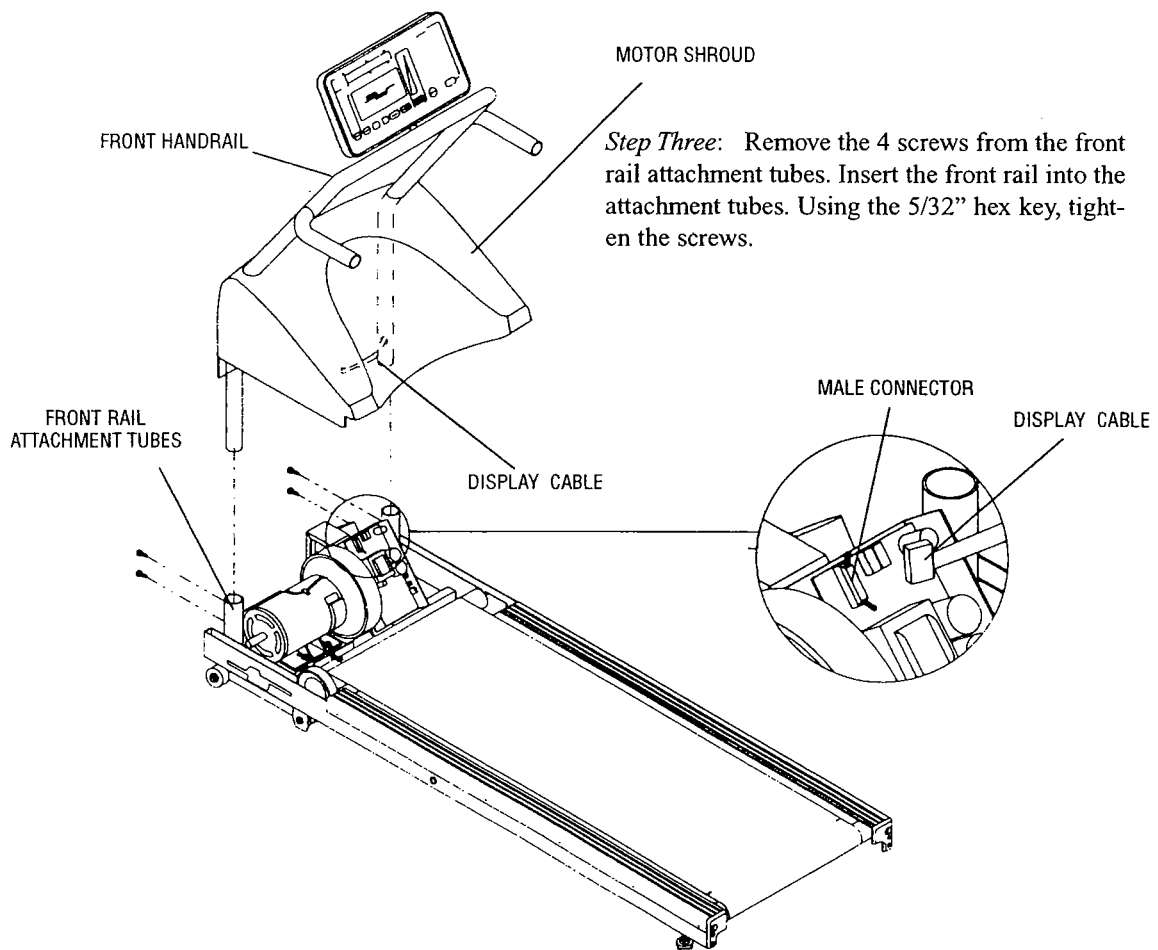
If any of the above listed parts are missing, please contact your authorized **STAR TRAC** retailer or the **STAR TRAC** service department at 800-503-1221 or access our web site at <http://www.startrac.com>.

To assemble the **STAR TRAC TR901** treadmill, please follow these instructions

*Step One:* Remove packaging material. Remove the side handrails.

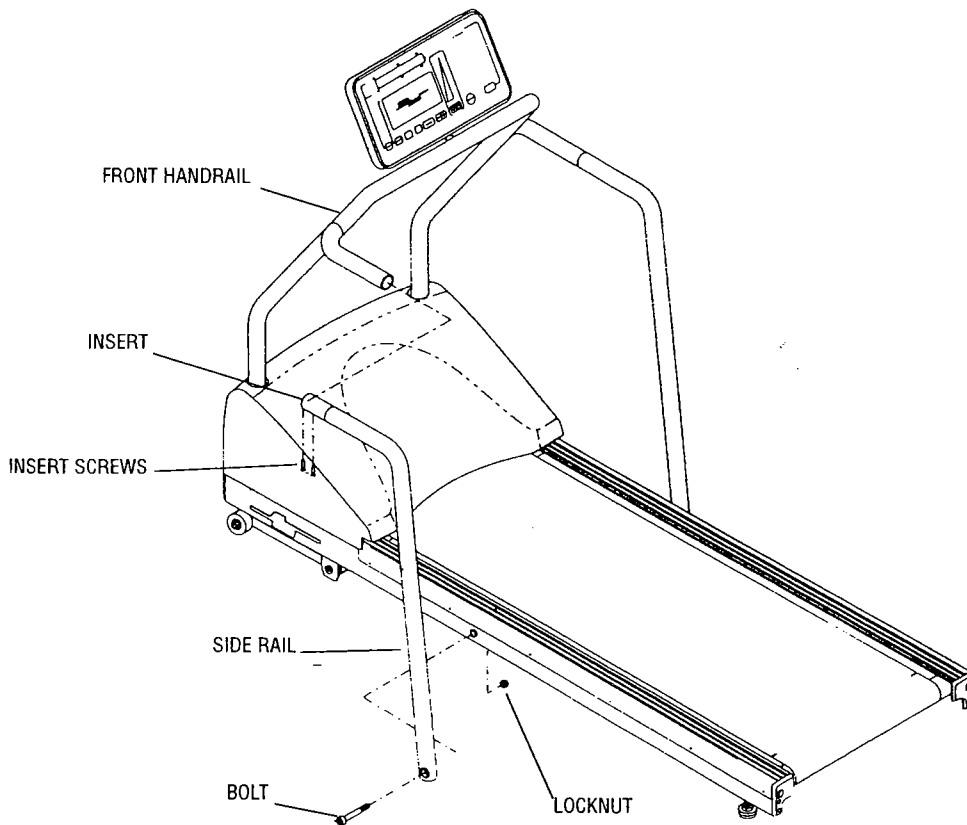
*Step Two:* Use a Phillips screwdriver to remove the screw from the motor shroud. Gently slide the motor shroud up the front rail and hold it in place.

**CAUTION: BE SURE THE DISPLAY CABLE IS NOT PINCHED.**



*Step Four:* Attach the display cable from the display handrail to the male connector on the top of the motor control board. The display cable connector may be inserted only one way.

*Step Five:* Lower the motor shroud and gently slide it down the front rail. Press the sides of the motor shroud onto the side frames, causing the velcro to attach. Using a Phillips screwdriver, tighten the screw on the front of the motor shroud.



*Step Six:* Remove the 4 screws (2 from each side rail) from the exposed portions of the inserts attached to the side handrails. Insert the side rails into the front rail. Hand tighten the insert screws.

*Step Seven:* Attach both of the side handrails to the frame by inserting the two bolts and locknuts at the base of the handrail. Tighten all bolts and screws.

- Step Eight:* Plug the power cord into the AC outlet. Place safety key into its position on the control console. Turn the red power switch located on the front of the treadmill to the ON position. The control console will read "STAR TRAC PRESS START OR PROGRAM".
- Step Nine:* If the display does not read "STAR TRAC PRESS START OR PROGRAM", is blank, or displays an error code, verify that the above instructions were followed. If the problem continues, please refer to **Chapter Six: Troubleshooting Guide** or contact your authorized **STAR TRAC** retailer or the **STAR TRAC** service department at 800-508-1221 or access our website at <http://www.startrac.com>.
- Step Ten:* Level the treadmill and align the running belt. Refer to Chapter 4 "TR901 Leveling and Running Belt Alignment".
- Step Eleven:* Press and hold the "SCAN", "TRACK" & "PROGRAM" keys down at the same time, then release the "TRACK" key. Then press and release the "SCAN" key. To engage automatic speed calibration, press the "PROGRAM" key. The treadmill will then go into a self auto speed calibration. This will take less than 3 minutes. The treadmill will be in motion during this test.

## GROUNDING INSTRUCTIONS

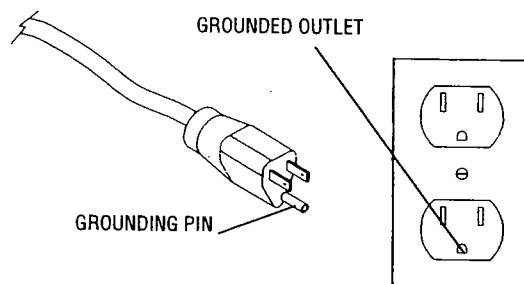
### CHAPTER 3

Your **STAR TRAC TR901** must be properly grounded. If the unit should malfunction, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

**DANGER:** Electrical shock may result from improper connection of the equipment-grounding conductor. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the treadmill—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

For a grounded, cord-connected product rated less than 15 amperes and intended for use on a nominal 120-volt supply circuit:

This product is for use on a circuit having a nominal rating of 120 volts and is factory-equipped with specific electric cord and plug to permit connection to a proper electric circuit. Make sure that the product is connected to an outlet having the same configuration as the plug. Do not plug product into a GFI outlet. This may cause a tripped breaker. **NO ADAPTER SHOULD BE USED WITH THIS PRODUCT.** If the product must be reconnected for use on a different type of electric circuit, the reconnection should be made by qualified service personnel.



## **TR901 LEVELING AND RUNNING BELT ALIGNMENT**

### **CHAPTER 4**

To ensure proper tracking of the TR901 running belt, the treadmill leveling feet must be adjusted to conform to the floor surface. After the treadmill has been leveled, tracking of the belt must be tested and necessary adjustments made. This three step procedure is extremely important for treadmills installed in residences, where floors are commonly uneven. When a treadmill is installed on carpet, a repeat adjustment may be required after the carpet and padding have been compressed by the treadmill feet.

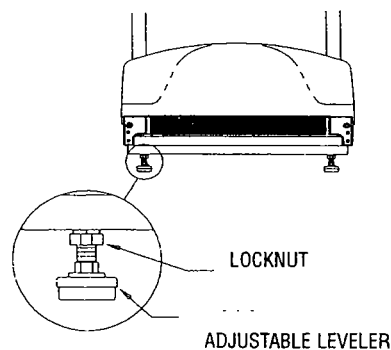
#### **Leveling Procedure**

- Step One:* Place the treadmill in the exact location where it is to be used.
- Step Two:* Check the leveling feet at each corner of the treadmill to ensure that they are in contact with the floor surface. It may be helpful to have one person bear his/her weight at one corner of the running belt, then move to another corner, etc., while another person notes whether one or more corners lift from the floor as weight is applied.
- Step Three:* If a leveling foot does not contact the floor, or if it lifts upward as weight is applied to one corner of the belt, it must be adjusted.

Using a 7/8" open end wrench, loosen the lock nut.

Adjust leveler height by turning the leveler base. The wrench may be used on the lower nut for this purpose.

Tighten the lock nut.



### **Belt Alignment Procedure**

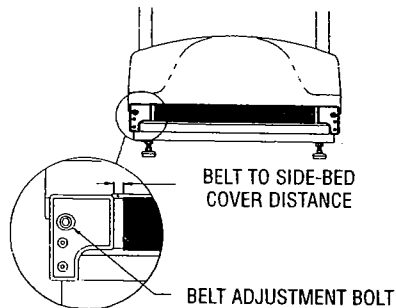
For proper tracking, the distance between the belt and the side bed cover should be the same on both sides. To center the running belt, use the adjustment bolts located on both sides of the frame at the tail roller.

*Step One:* Start the treadmill and set to run at approximately 1.0 mph.

*Step Two:* If the belt does not track properly, adjust on one side only. Use the 1/4-inch hex keydriver supplied in the tool kit. Turning the adjusting bolt clockwise will move the belt away from the adjustment side. Turning the bolt counter-clockwise will move the belt toward the adjustment side.

**Note:** Make adjustments in quarter-turn increments to avoid damage to the belt and other components!

*Step Three:* Once the belt is properly adjusted, walk on the running surface for 2 minutes while observing tracking. If the belt begins moving to one side, reduce speed and repeat adjustment procedure.



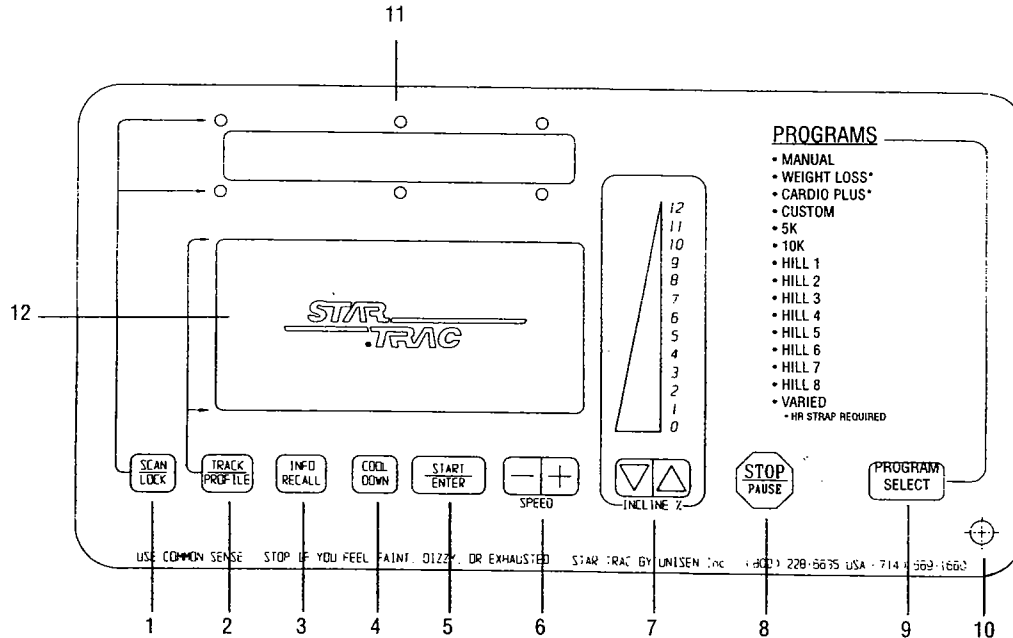
Now that you've assembled your **TR901** its time to become acquainted with the various programs and features that will help you set up and monitor your workout. This chapter will familiarize you with the Control Console features, how to enter and adjust the 15 different workout programs, and how to use the Polar Heart Rate feature. We'll also cover how to store and retrieve workout information for up to 5 different users.

*So lets get started...*



## CONTROL CONSOLE FEATURES

The TR901 Control Console is designed for quick and easy access to a wide variety of programming options and to provide you valuable feedback during your workout. This section will familiarize you with these Control Console features.



### THE CONTROL CONSOLE

- 1. SCAN/LOCK:** Time, Distance, Speed, Calories, Laps, Pace and Heart Rate is displayed in the Information Center. By pressing the **SCAN/LOCK** key once, you are able to lock on to specific information being displayed. Pressing the **SCAN/LOCK** key a second time will resume the scanning action.
- 2. TRACK/PROFILE:** The **TRACK/PROFILE** key allows you to toggle between viewing the 1/4 mile track and the program profile. The program profile shows your position in the program and the upcoming terrain. By pressing the **TRACK/PROFILE** key, the oval shaped LED display indicates your progress around the track. By pressing the key a second time, you will return to the program profile.
- 3. INFO RECALL:** After completing your workout in any program (with the exception of QUICK START), the TR901 will automatically accumulate and retain total time, distance, calories and laps under your User ID number. To retrieve your workout data, press the **INFO RECALL** key, select your User ID number using the +/- (plus/minus) keys, then press the **START/ENTER** key. Your accumulated time, distance, expended calories and laps will appear in the Information Center. Press the **STOP/PAUSE** key to exit to main menu or **PROGRAM SELECT** to erase your workout data.

4. **COOL DOWN:** By pressing the **COOL DOWN** key, your workout program will be ended and you will enter into a 2 minute cool down session. The incline will return to 0% and your speed will gradually be reduced.

5. **START/ENTER :** To begin a **QUICK START** program, simply press the **START/ENTER** key. The running belt begins slowly, increasing in .1 mph increments to reach .5 mph. This key also functions as a selection key to enter specific user/program information.

6. **SPEED:** The speed is adjusted in .1 mph increments by pressing the +/- (plus/minus) keys. The **SPEED** can be adjusted at any time during your program. These keys also function as selection keys to enter specific user/program information.

7. **INCLINE %:** **INCLINE** can be adjusted from 0% to 12% in 1% increments by pressing the up or down arrows. The LED indicates the incline percent.

Here's a tip: Using elevation will burn more calories and strengthen your lower body muscles!

8. **STOP/PAUSE:** By pressing the **STOP/PAUSE** key once, the treadmill pauses operation for a maximum of 5 minutes. Press the **START/ENTER** key to resume your workout. Press the **STOP/PAUSE** key twice to end operation. The running belt will gradually stop. **DO NOT** attempt to dismount the treadmill while the running belt is moving. Instead, slow your pace to match the running belt until it comes to a complete stop.

9. **PROGRAM SELECT:** The **PROGRAM SELECT** key allows you to scan and choose the desired workout program. As the programs are scanned, the program name will appear in the Information Center and the program profile will appear in the display window. When you have selected the desired program, press the **START/ENTER** key. You will be asked a series of questions, beginning with User ID number. Respond by pressing the +/- (plus/minus) keys, then the **START/ENTER** key to enter your answers.

10. **SAFETY KEY:** *THIS IS AN IMPORTANT SAFETY FEATURE.* Before you begin your workout, **ALWAYS** clip the safety cord to your clothing. The **SAFETY KEY** provides a means of avoiding injuries. The treadmill will operate only when the **SAFETY KEY** is engaged.

11. **INFORMATION CENTER:** The **INFORMATION CENTER** provides user friendly prompts to begin your workout. When in your desired program, it also displays constant motivational feedback - time, distance, speed, calories, laps, pace and heart rate.

12. **TRACK/PROFILE DISPLAY WINDOW:** Depending on the desired profile, this window displays either the 1/4 mile track or the selected program profile. By pressing the **TRACK/PROFILE** key, you are able to toggle between the track or program profile

## ***OPERATING INSTRUCTIONS***

To begin your workout, turn the red power switch to the ON position. The console displays "STAR TRAC," "PRESS START," OR "PROGRAM."

By pressing the START/ENTER key you will enter the QUICK START Program (see QUICK START section in this chapter).

By pressing the PROGRAM SELECT key, you will be able to choose any of the 15 built-in programs. Each time you press the PROGRAM SELECT key, the program name appears in the Information Center and its profile appears in the TRACK/PROFILE display window.

The following pages provide step by step instructions on how to use each program.

## ***QUICK START***

**QUICK START** allows you to begin your workout by simply pressing one key. YOU control the speed, incline and distance for a maximum of 99 minutes.

To operate the **QUICK START** program:

*Step One:* Stand on the running belt and press the START/ENTER key. The running belt slowly accelerates to its minimum speed of 0.5 mph.

*Step Two:* Increase the speed by pressing the + (plus) key. By pressing the - (minus) key, the speed will be decreased. Speed changes will be in 0.1 mph increments.

*Step Three:* Adjust the elevation by pressing the UP arrow key to raise the elevation and the DOWN arrow key to lower the elevation.

The treadmill automatically scans and displays the time, distance, speed, total calories, laps, pace and heart rate (if a signal is detected).

- To stop the scanning and lock on to specific feedback, press the SCAN/LOCK key once.
- To begin the scanning process again, press SCAN/LOCK a second time.

You can pause the program by pressing the STOP/PAUSE key once. Your program will be paused for a maximum of 5 minutes. You can resume the program by pressing the START/ENTER key.

*Step Four:* To stop the treadmill, press the STOP/PAUSE key twice. The treadmill slows to a stop.

**NOTE:** When using the **QUICK START** program, the treadmill will not accumulate and retain your workout data. Caloric expenditure is calculated with the assumption you weigh 155 lbs.

## **MANUAL PROGRAM**

In the **MANUAL** program, you establish and maintain the minimum and maximum speed, elevation, and elapsed time for up to 99 minutes. Each time you work out in the **MANUAL** program, the distance, time, expended calories and laps are automatically tracked under your User ID number.

To begin the **MANUAL** program:

*Step One:* Stand on the running belt and press PROGRAM SELECT. The Information Center will display **MANUAL**. Press the START/ENTER key.

*Step Two:* You will be asked a series of questions. Answer the questions by pressing the +/- (plus/minus) keys until the correct answer is displayed. Press the START/ENTER key to enter your selection. The treadmill accepts the answer and continues to the next question.

The following questions are displayed:

- User ID (1 - 5)
- Change (if yes)
- Weight
- Gender
- Age
- Time
- Save
- User ID (1 - 5)
- Change (if no)
- Time

- To save the workout information, press the + (plus) key to answer YES, then the START/ENTER key.
- To workout but not save the information, press the START/ENTER key and you will begin your workout.

After answering the questions, the treadmill begins operation at 0.5 mph. To increase or decrease the speed, press the +/- (plus/minus) keys.

The treadmill automatically scans and displays the time, distance, speed, total calories, laps, pace and heart rate (if a signal is detected).

- To stop the scanning and lock on to specific feedback, press the SCAN/LOCK key once.
- To begin the scanning process again, press SCAN/LOCK a second time.

You can pause the program by pressing the STOP/PAUSE key once. Your program will be paused for a maximum of 5 minutes. You can resume the program by pressing the START/ENTER key.

*Step Three:* To stop the treadmill, press the STOP/PAUSE key twice. The running belt slows to a stop.

## **WEIGHT LOSS PROGRAM**

Your **STAR TRAC TR901** utilizes telemetry technology to assist you in your weight loss goal. The treadmill automatically keeps you within a 60% to 75% range of your theoretical maximum heart rate, based on American College of Sports Medicine (ACSM) standards, to increase your metabolism and maximize caloric expenditure. During the warmup, the TR901 will increase the speed slowly. During the workout, the incline will increase and speed decrease automatically to ensure that you maintain your target heart rate. Each time you use the **WEIGHT LOSS** program, the distance, time, calories burned and laps are automatically accumulated and stored under your User ID number.

To begin the **WEIGHT LOSS** program:

*Step One:* In order for the **WEIGHT LOSS** program to be activated, the chest strap, which is a transmitter, must be worn. The strap should be snug around your chest with the transmitter directly over your sternum. For best results, the strap should be worn against the skin. Moisture is necessary for the transmitter to function properly. Usually, perspiration is sufficient, but you may need to moisten the grooved sensors on the reverse side of the strap.

*Step Two:* Step on the treadmill and press the PROGRAM SELECT key until **WEIGHT LOSS** is displayed in the Information Center. Press the START/ENTER key to accept the information.

*Step Three:* You will be asked a series of questions. Answer the questions by pressing the +/- (plus/minus) keys until the correct answer is displayed. Press the START/ENTER key. The treadmill accepts the answer and continues to the next question.

The following questions are displayed:

- User ID (1 - 5)
- Change (if yes)
- Weight
- Gender
- Age
- Max HR
- User ID (1 - 5)
- Change (if no)
- Time
- Speed

*Your maximum target heart rate, based on your age, will automatically be displayed in the Information Center. Press the START/ENTER key to accept the pre-set parameters. To override the pre-set parameters, press the +/- (plus/minus) keys to increase or decrease your maximum target heart rate, then the START/ENTER key.*

- Min HR

*Your minimum target heart rate will then be displayed in the Information Center. Press the START/ENTER key to accept the pre-set parameters. To override the pre-set parameters, press the +/- (plus/minus) keys to increase or decrease your minimum target heart rate, then the START/ENTER key.*

- Time
- Speed
- Save

- To save the workout information, press the + (plus) key to answer YES, then the START/ENTER key.
- To workout but not save the information, press the START/ENTER key and you will begin your workout.

You can pause the program by pressing the STOP/PAUSE key once. Your program will be paused for a maximum of 5 minutes. You can resume the program by pressing the START/ENTER key.

*Step Five:* To stop the treadmill, press the STOP/PAUSE key twice. The running belt slows to a stop.

**NOTE:** Each weight loss program begins with a 2 minute warm-up and ends with a 2 minute cool-down.

## ***CARDIO-PLUS PROGRAM***

To maintain your fitness level and increase endurance, the **STAR TRAC TR901** provides a **CARDIO-PLUS** program. The **CARDIO-PLUS** program takes you over a variety of hills and valleys for up to 99 minutes. The speed and incline parameters were developed to meet the American College of Sports Medicine (ACSM) standards to increase cardiovascular strength. Each time you run the **CARDIO-PLUS** program, the treadmill's computer automatically tracks the cumulative distance, time, expended calories and laps and stores the data under your User ID number.

Utilizing telemetry technology, the treadmill automatically keeps you within 75% to 85% of your theoretical maximum heart rate when wearing the chest strap. The speed and elevation will automatically adjust to ensure that you maintain your target heart rate.

To begin the **CARDIO-PLUS PROGRAM**:

*Step One:* In order for the **CARDIO-PLUS** program to be activated, the chest strap, which is a transmitter, must be worn. The strap should be snug around your chest with the transmitter directly over your sternum. For best results, the strap should be worn against the skin. Moisture is necessary for the transmitter to function properly. Usually, perspiration is sufficient, but you may need to moisten the grooved sensors on the reverse side of the strap.

*Step Two:* Step on the treadmill and press the PROGRAM SELECT key until **CARDIO-PLUS** is displayed in the Information Center. Press the START/ENTER key.

*Step Three:* The treadmill displays a series of questions. Answer the questions by pressing the +/- (plus/minus) keys until the correct answer is displayed. Press the START/ENTER key. The treadmill accepts the answer and continues to the next question.

The following questions are displayed:

- User ID (1 - 5)
- Change (if yes)
- Weight
- Gender
- Age
- Max HR
- User ID (1 - 5)
- Change (if no)
- Time
- Speed

*Your maximum target heart rate, based on your age, will automatically be displayed in the Information Center. Press the START/ENTER key to accept the pre-set parameters. To override the pre-set parameters, press the +/- (plus/minus) keys to increase or decrease you maximum target heart rate, then the START/ENTER key.*

- Min HR
- Your minimum target heart rate will then be displayed in the Information Center. Press the START/ENTER to accept the pre-set parameters. To override the pre-set*



*parameters, press the +/- (plus/minus) keys to increase or decrease your minimum target heart rate, then the START/ENTER key.*

- Time
- Speed
- Save

- To save the workout information, press the + (plus) key to answer YES, then the START/ENTER key.
- To workout but not save the information, press the START/ENTER key and you will begin your workout.

You can pause the program by pressing the STOP/PAUSE key once. Your program will be paused for a maximum of 5 minutes. You can resume the program by pressing the START/ENTER key.

*Step Four:* To stop the treadmill, press the STOP/PAUSE key twice. The running belt slows to a stop.

**NOTE:** Each Cardio-Plus program begins with a two-minute warm-up and ends with a two-minute cool-down.

## ***CUSTOM PROGRAM***

The **CUSTOM** program allows you to design up to 5 custom workouts with as many as 15 intervals and recall that specific program at any time. Each time your custom program is run, the **STAR TRAC TR901** automatically tracks the cumulative total for distance, elapsed time, total calories and laps.

To **CUSTOM** design a program:

**Step One:** Step on the treadmill and press the PROGRAM SELECT key until **CUSTOM** is displayed in the Information Center. Press the START/ENTER key.

**Step Two:** The treadmill displays a series of questions. Answer the questions by pressing the +/- (plus/minus) keys until the correct answer is displayed. Press the START/ENTER key to enter your selection. The treadmill accepts the answer and continues to the next question.

The following questions are displayed:

- User ID (1 - 5)
- Change (if yes)
- Weight
- Gender
- Age
- Program (1 - 5)
- Change (if yes)
- Intervals (1 - 15)
- User ID (1 - 5)
- Change (if no)
- Program (1 - 5)
- Change (if no)
- Change (if yes)
- Intervals (1 - 15)
- Save

### *Interval 1*

*Time 1, Speed 1, Incline 1 - enter your desired time, speed and incline % by pressing +/- (plus/minus) keys until your answer is displayed. Press/Enter key to enter your selection. The treadmill's computer accepts your answer.*

### *Interval 2*

*Time 2, Speed 2, Incline 2 - Enter the desired time, speed and incline. Follow instructions in Interval 1.*

*This will continue until all the chosen intervals are entered.*

- Save
- To save the workout information, press the + (plus) key to answer YES, then the START/ENTER key.
- To workout but not save the information, press the START/ENTER key and you will begin your workout.

**NOTE:** When you enter the program number, the **STAR TRAC TR901** displays the last programmed answers and intervals. By pressing the START/ENTER key to each of the answers, you begin the identical program as your last workout. You can pause the program by pressing the STOP/PAUSE key once. Your program will be paused for a maximum of 5 minutes. You can resume the program by pressing the START/ENTER key.

**Step Three:** To stop the treadmill, press the STOP/PAUSE key twice. The running belt slows to a stop.

## **5K AND 10K RACE PROGRAMS**

The **5K** and **10K** race programs were designed for the serious, as well as the recreational runner. You control the speed and incline to add variety and challenge to your workout. When wearing the chest strap transmitter, your heart rate will constantly be monitored and displayed in the Information Center to assist you in getting the most efficient workout possible.

Each time the **5K** or **10K** race programs are run, the **STAR TRAC TR901** automatically tracks the cumulative distance, time, expended calories, and laps under your User ID number.

To begin the **5K** or **10K** race programs:

*Step One:* Step on the treadmill and press the PROGRAM SELECT key until **5K** or **10K** is displayed in the Information Center. Press the START/ENTER key to select the race program you desire.

*Step Two:* The treadmill displays a series of questions. Answer the questions by pressing the +/- (plus/minus) keys until the correct answer appears, then the START/ENTER key. The treadmill accepts the answer and continues to the next question.

The following questions are displayed:

- User ID (1 - 5)
  - Change (if YES)
  - Weight
  - Gender
  - Age
  - Speed
  - Save
  - User ID (1 - 5)
  - Change (if NO)
  - Speed
- To save the workout information, press the + (plus) key to answer YES, then the START/ENTER key.
  - To workout but not save the information, press the START/ENTER key and you will begin your workout.

As you begin your workout, the TRACK/PROFILE window displays your progress through your race program. Each race program begins with a 2 minute warm-up and ends with a 2 minute cool-down.

You can pause the program by pressing the STOP/PAUSE key once. Your program will be paused for a maximum of 5 minutes. You can resume the program by pressing the START/ENTER key.

*Step Three:* To stop the treadmill, press the STOP/PAUSE key twice. The running belt slows to a stop.

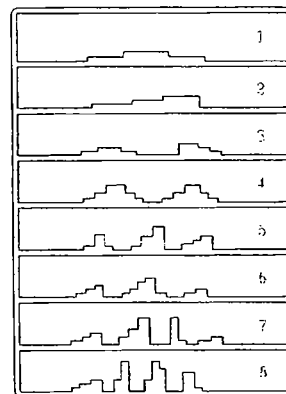
## HILL 1-8 PROGRAMS

The **HILL** programs were designed for optimal interval training. By taking you through various levels of hills and valleys, your caloric expenditure is maximized and your cardiovascular capacity is improved. Each of the 8 **HILL** programs offers a higher level of intensity.

Each time you use any of the **HILL** programs, the treadmill's computer automatically tracks the cumulative distance, time, caloric expenditure and laps and stores the data under your User ID number.

The diagram represents the profiles of "1-8 HILL" programs.

To begin any of the **HILL** programs:



**Step One:** Step on the treadmill and press the PROGRAM SELECT key until **HILL 1** is displayed in the Information Center. Continue to press the PROGRAM SELECT key until the desired **HILL** program appears. Press the START/ENTER key.

**Step Two:** The treadmill displays a series of questions. Answer the questions by pressing the +/- (plus/minus) keys until the correct answer is displayed. Press the START/ENTER key. The treadmill accepts the answer and continues to the next question.

The following questions are displayed:

- User ID (1-5)
- Change (if yes)
- Weight
- Gender
- Age
- Time
- Speed
- Incline
- Save
- User ID (1-5)
- Change (if NO)
- Time
- Speed
- Incline

- To save the workout information, press the + (plus) key to answer YES, then the START/ENTER key.
- To workout but not save the information, press the START/ENTER key and you will begin your workout.

Your program profile will be displayed in the TRACK/PROFILE display window and your progress through the program is tracked. Each **HILL** program begins with a two minute warm-up and a two minute cool-down.

You can pause the program by pressing the STOP/PAUSE key once. Your program will be paused for a maximum of 5 minutes. You can resume the program by pressing the START/ENTER key.

**Step Three:** To stop the treadmill, press the STOP/PAUSE key twice. The running belt slows to a stop.

## ***VARIED PROGRAM***

The **VARIED** program offers over 250 different hill and valley terrains to add variety to your workout. Each time you use the **VARIED** program, the treadmill's computer automatically tracks the cumulative distance, time, caloric expenditure and laps and stores the data under your User ID number.

To begin the **VARIED** program:

*Step One:* Step on the treadmill and press the PROGRAM SELECT key until **VARIED** is displayed in the Information Center. Press the START/ENTER key.

*Step Two:* The treadmill displays a series of questions. Answer the questions by pressing the +/- (plus/minus) keys until the correct answer is displayed. Press the START/ENTER key. The treadmill accepts the answer and continues to the next question.

The following questions are displayed:

- |                   |                   |
|-------------------|-------------------|
| • User ID (1 - 5) | • User ID (1 - 5) |
| • Change (if yes) | • Change (if no)  |
| • Weight          | • Time            |
| • Gender          | • Speed           |
| • Age             | • Incline         |
| • Time            |                   |
| • Speed           |                   |
| • Incline         |                   |
| • Save            |                   |

- You will be asked if you wish to save this information, "Y" or "N". Press the +/- (plus/minus) key to select your answer, then the START/ENTER key.
- If you do not wish to save the information, press the START/ENTER key and you will begin your workout.

*Step Three:* Your program profile will be displayed in the TRACK/PROFILE display window and your progress through the program is tracked. The **VARIED** program begins with a two minute warm-up and a two minute cool-down.

You can pause the program by pressing the STOP key once. Your program will be paused for a maximum of 5 minutes. You can resume the program by pressing the START/ENTER key.

*Step Four:* To stop the treadmill, press the STOP/PAUSE key twice. The running belt slows to a stop.

## **INTEGRATED HEART RATE CONTROL AND MONITORING**

The **STAR TRAC TR901** is equipped with an Integrated Heart Rate Control Mode. When in one of the heart rate controlled programs, the chest strap must be worn. The strap should be snug around your chest with the transmitter directly over your sternum. For best results, the strap should be worn against the skin. Moisture is necessary for the transmitter to function properly. Usually, perspiration is sufficient, but you may need to moisten the grooved sensors on the reverse side of the strap before you begin to exercise.

Your maximum and minimum target heart rates, based on your age, will be displayed in the Information Center. The **STAR TRAC TR901** allows you to override this heart rate zone.

Press the **START/ENTER** key to accept the pre-set parameters. To override the pre-set parameters, press the +/- (plus/minus) keys, then the **START/ENTER** key.

In the Heart Rate Control Mode, the heart rate monitor continually checks your heart rate.

- If your heart rate is higher than the target heart rate, the **STAR TRAC TR901** automatically lowers the incline by one percent. The system then rechecks your heart rate and, if necessary, continues lowering the incline until zero percent incline or your target heart rate is reached. If your heart rate remains above the target heart rate at zero percent incline, the treadmill begins decreasing the running belt speed until your heart rate is consistent with the target.
  
- If your heart rate is lower than the target heart rate, the **STAR TRAC TR901** automatically increases the incline by one percent grade. The system then rechecks your heart rate and, if necessary, continues raising the incline until your target heart rate is reached. The treadmill will not increase the speed in order for you to reach your target rate.

If you are wearing the chest strap and are in a program other than heart rate controlled, your heart rate will be constantly monitored and displayed in the Information Center.

Use the following chart to find your ideal training range. The fat loss training range is 60 to 75 percent. Cardiorespiratory training range is 75 to 85 percent. You may override your heart rate parameters by pressing the +/- (plus/minus) keys when your maximum and minimum target HR is displayed.

<b>TARGET ♥ RATE</b>							
<b>H E A R T  R A T E</b>	170	162	153				
	150	143	135	145	136	128	85%
	120	114	108	128	120	113	75%
				102	96	90	60%
<b>AGE</b>	<b>20</b>	<b>30</b>	<b>40</b>	<b>50</b>	<b>60</b>	<b>70</b>	

## ***USER ID***

The **STAR TRAC TR901** tracks, accumulates and stores personal information and workout data for up to 5 separate users. The **USER ID** consists of your AGE, WEIGHT and GENDER. This information is used to accurately calculate your caloric expenditure in addition to setting your personal target heart rate range for the Integrated heart rate control programs. For this reason, it is important that you keep your **USER ID** information accurate and current.

To enter your personal **USER ID** information:

*Step One:* Press the PROGRAM SELECT key until MANUAL is displayed in the Information Center, then press the START/ENTER key. (You can enter your personal information in any program by following these steps.)

*Step Two:* The treadmill displays a series of questions. Answer the questions by pressing the +/- (plus/minus) keys until the correct answer is displayed. Press the START/ENTER key. The treadmill accepts the answer and continues to the next question.

The following questions are displayed:

- User ID (1-5)

Select your ID number by pressing the +/- (plus/minus) keys until the correct answer is displayed. Press the START/ENTER key.

- Change (Y or N)

Press the + (plus) key to answer YES.

- Weight

Press the +/- (plus/minus) keys until the correct answer is displayed. Press the START/ENTER key.

- Gender (M or F)

Press the +/- (plus/minus) keys until the correct answer is displayed. Press the START/ENTER key.

- Age

Press the +/- (plus/minus) keys until the correct answer is displayed. Press the START/ENTER key.

- Time

Press the START/ENTER key to accept the default value of 20 minutes or, if you will be working out on the treadmill at this time, enter the desired duration.

Note: Program time will not be saved and must be entered with each workout.

- Save

To save your **USER ID** information, press the + (plus) key to answer YES.

*Step Three:* Press the START/ENTER key to begin your workout or the STOP/PAUSE key twice to return to the main menu prompts.

Your **USER ID** information need only be entered once and your workout data is accumulated and stored under your personal ID number in any program you use.

This chapter provides you with motivational tips, programs to assist you in maintaining or improving your fitness level and week long training registers to chart your progress.

*“Regular physical activity is essential to the performance, safety, and health issues faced by every American. It is never too late to be physically active, to exercise, and enjoy the benefits of being physically fit.”*

— Arnold Schwarzenegger, Chairman  
President’s Council on Physical Fitness and Sports Clothing:

### **Before You Begin . . .**

#### **Clothing:**

STAR TRAC recommends that you wear loose fitting, comfortable clothing during your workout. Also, always wear soft-soled athletic shoes when using your treadmill — never hard soled shoes — they may damage the running surface or the deck. Lastly, never exercise bare-footed on your treadmill.

#### **Stretching:**

STAR TRAC recommends you perform a few simple stretches before you work out. There are many stretching books and videos available. Stretching before your workout will increase your flexibility and reduce the risk of injury.

#### **Plan Your Exercise**

Especially if you are just beginning an exercise program, view your treadmill exercises as a long term commitment. Many beginning exercisers make the mistake of training too intensely from the start, and then “burning out” after a few months. Where exercise is concerned, keeping to a regular schedule is far more important than pushing yourself, especially in the beginning. In the next two pages you’ll find a sample workout program, based on your target heart rate, that will take you through 36 weeks.



### **Tips for Staying With It**

1. Plan your exercise. Schedule it into your day as you would any other important activities. Don't try to just fit it in when you can. Many people find exercising the same time each day easier.
2. Set goals for yourself. Decide how you want to measure your progress. For example, weight loss is a goal for many people. Others may want to work out a specific amount of time — from 15 minutes to 20 or more each session.
3. Place your treadmill in a pleasant environment. Having a TV to watch, or music to listen to, during your workout may increase your workout enjoyment.
4. Make a commitment. Write out the reasons you are exercising, and your goals. Post them where you can see them. It helps to remind yourself of your commitment to exercise.
5. Vary your routine. Try using the different programs built into your model 900 instead of exercising in the same program each time.
6. Monitor your progress. If your goal is fat loss, keep a chart of how well you are doing week to week. Or take a picture of yourself at the start of your exercise program for comparison. Many find this enormously motivating as they see themselves becoming slimmer. Keep track of your workouts — there's an exercise log in this manual. You'll be surprised at how, overtime, what was once difficult for you becomes more and more attainable.
7. Enlist the support of your loved ones. Make sure that those closest to you understand your commitment to exercise, and ask them for their support. Recent studies show that a main component of being able to stick with an exercise is having friends and family who also exercise. It helps reinforce the decision. The **STAR TRAC TR901** contains workout storage capacity for up to 5 different users. This feature makes it great for a whole family to enjoy.
8. Don't Push It. Many beginning exercisers make the mistake of over-training in the beginning. This can lead to burn-out. A good way to gauge yourself is by using the heart rate feature to exercise within your target heart rate zone (see chapter 3). As you improve your aerobic fitness, the amount of work (either incline or speed) will need to be increased to keep you at your heart rate target. You'll probably be surprised how easy it is to reach and maintain your target heart rate during aerobic exercise. So far as aerobic fitness is concerned, the "no pain, no gain" credo just is not true. Individuals can make dramatic improvement to their cardiovascular health with regular, moderate exercise. Building up the frequency, intensity or duration of your workouts over time is much wiser than overdoing it when you are just beginning.

## ***CLIMBING UP THE CONDITIONING LADDER***

The programs outlined on the following pages were designed by the director of fitness services at the Lutheran General Hospital in Illinois. They were developed to help maintain or improve your level of fitness, depending upon your current level. For optimal results, you should follow the programs closely.

### **Green Program**

<i>Week</i>	<i>1-2</i>	<i>3-4</i>	<i>5-6</i>
<b>Heart Rate</b>	60-65%	60-65%	60-65%
<b>Duration</b>	15 minutes	15 minutes	15 minutes
<b>Frequency</b>	3 days	3 days	3 days

At the end of the sixth week, test your self to establish your new program. If you can easily maintain the above parameters, go on to the blue program.

### **Blue Program**

<i>Week</i>	<i>1-2</i>	<i>3-4</i>	<i>5-6</i>
<b>Heart Rate</b>	65-70%	65-70%	65-70%
<b>Duration</b>	20 minutes	20 minutes	20 minutes
<b>Frequency</b>	3 days	3 days	3 days

At the end of the sixth week, test your self to establish your new program. If you can easily maintain the above parameters, go on to the yellow program.

### **Yellow Program**

<i>Week</i>	<i>1-2</i>	<i>3-4</i>	<i>5-6</i>
<b>Heart Rate</b>	70-75%	70-75%	70-75%
<b>Duration</b>	20 minutes	25 minutes	25 minutes
<b>Frequency</b>	4 days	4 days	4 days

At the end of the sixth week, test your self to establish your new program. If you can easily maintain the above parameters, go on to the orange program.

### **Orange Program**

<i>Week</i>	<i>1-2</i>	<i>3-4</i>	<i>5-6</i>
<b>Heart Rate</b>	75-80%	75-80%	75-80%
<b>Duration</b>	25 minutes	25 minutes	30 minutes
<b>Frequency</b>	4 days	4 days	4 days

At the end of the sixth week, test your self to establish your new program. If you can easily maintain the above parameters, go on to the red program.

### **Red Program**

<i>Week</i>	<i>1-2</i>	<i>3-4</i>	<i>5-6</i>
<b>Heart Rate</b>	80-85%	80-85%	80-85%
<b>Duration</b>	30 minutes	35 minutes	35 minutes
<b>Frequency</b>	4 days	4 days	4 days

At the end of the sixth week, test your self to establish your new program. If you can easily maintain the above parameters, congratulations on your success.

## **TARGET HEART RATE CHART**

To find your ideal range, use the Target Heart Rate Chart, based on the standards set by the American Heart Association and American College of Sports Medicine. The fat loss training range is 60 to 75 percent. Cardiorespiratory training range is 75 to 85 percent.

<b>TARGET ♥ RATE</b>							
<b>H E A R T  R A T E</b>	<b>170</b>	<b>162</b>	<b>153</b>	<b>145</b>	<b>136</b>	<b>128</b>	<b>85%</b>
	<b>150</b>	<b>143</b>	<b>135</b>	<b>128</b>	<b>120</b>	<b>113</b>	<b>75%</b>
	<b>120</b>	<b>114</b>	<b>108</b>	<b>102</b>	<b>96</b>	<b>90</b>	<b>60%</b>
<b>AGE</b>	<b>20</b>	<b>30</b>	<b>40</b>	<b>50</b>	<b>60</b>	<b>70</b>	

## **TRAINING LOG FOR ONE WEEK**

To find your ideal training range, use the Target Heart Rate Chart, based on the standards set by the American Heart Association and American College of Sports Medicine. The fat loss training range is 60 to 75 percent. Cardiorespiratory training range is 75 to 85 percent.

Body Weight: \_\_\_\_\_ Week Of: \_\_\_\_\_

<b>Day/Time</b>	<b>Speed</b>	<b>Distance</b>	<b>Elapsed Time</b>	<b>Total Calories Burned</b>	<b>Other Observations i.e., energy level before workout</b>

***NOTE:** Consult your physician before beginning any new exercise program.*

**Motivation Tip:**

Set fitness goals and write them down. These goals should be realistic but challenging, specific in nature, and achievable within a short period of time.

## ***TRAINING LOG FOR ONE WEEK***

Body Weight: \_\_\_\_\_ Week Of: \_\_\_\_\_

<b>Day/Time</b>	<b>Speed</b>	<b>Distance</b>	<b>Elapsed Time</b>	<b>Total Calories Burned</b>	<b>Other Observations i.e., energy level before workout</b>

*NOTE: Consult your physician before beginning any new exercise program.*

**Motivation Tip:**

Self test yourself after each workout. Ask yourself: Do I feel less tired? Am I in a better mood? Don't compare your progress with others. Compare yourself this week to how you felt last week.

## ***TRAINING LOG FOR ONE WEEK***

Body Weight: \_\_\_\_\_ Week Of: \_\_\_\_\_

<b>Day/Time</b>	<b>Speed</b>	<b>Distance</b>	<b>Elapsed Time</b>	<b>Total Calories Burned</b>	<b>Other Observations i.e., energy level before workout</b>

*NOTE: Consult your physician before beginning any new exercise program.*

**Motivation Tip:**

Use motivational feedback. Get involved with your STAR TRAC TR901's computerized feedback to motivate you through a workout session.

## ***TRAINING LOG FOR ONE WEEK***

Body Weight: \_\_\_\_\_ Week Of: \_\_\_\_\_

<b>Day/Time</b>	<b>Speed</b>	<b>Distance</b>	<b>Elapsed Time</b>	<b>Total Calories Burned</b>	<b>Other Observations i.e., energy level before workout</b>

*NOTE: Consult your physician before beginning any new exercise program.*

**Motivation Tip:** Gradually increase your workout. A good guideline is to increase your workout level by two percent per week (according to the American Health Fitness Institute).

## ***TRAINING LOG FOR ONE WEEK***

Body Weight: \_\_\_\_\_ Week Of: \_\_\_\_\_

<b>Day/Time</b>	<b>Speed</b>	<b>Distance</b>	<b>Elapsed Time</b>	<b>Total Calories Burned</b>	<b>Other Observations i.e., energy level before workout</b>

*NOTE: Consult your physician before beginning any new exercise program.*

**Motivation Tip:**

Set your pace with melody. The healthy running pace can be determined by the talk-sing test. If you are running slowly enough to be able to talk, but too fast to sing, your pace is just about right. For the average person who's running for health and fun, that general rule can keep your aerobic demand in a safe but efficient range. It can also spare other runners from your operatic debut (source: Amazing Health Facts for Men).



## ***TRAINING LOG FOR ONE WEEK***

Body Weight: \_\_\_\_\_ Week Of: \_\_\_\_\_

<b>Day/Time</b>	<b>Speed</b>	<b>Distance</b>	<b>Elapsed Time</b>	<b>Total Calories Burned</b>	<b>Other Observations i.e., energy level before workout</b>

**NOTE:** Consult your physician before beginning any new exercise program.

**Motivation Tip:** Remember, not only does exercise use up calories immediately, but your body burns extra calories for up to 15 hours afterward.

Performing regular preventive maintenance is strongly recommended. Without preventive maintenance, normal wear and tear may cause cumulative effects, such as belt misalignment and require early replacement of parts.

### **DANGER:**

To reduce the risk of electrical shock, always unplug this appliance from the electrical outlet immediately before cleaning.

*NOTE: If any unusual symptoms, such as constant error codes or blown circuit breakers occur, please contact your authorized STAR TRAC retailer or the STAR TRAC service department at 800-503-1221, or access our website at <http://www.startrac.com>.*

### **Weekly Maintenance**

Depending upon the usage, you should perform the following maintenance on a weekly or as needed basis:

- Use a cloth and diluted all-purpose cleaner to remove any dust, dirt, and other substances from the main part of the treadmill. Wipe the display panel, console, handrails, and motor shroud. Avoid using cleaner under the running belt.
- To ensure the longevity of the running belt, clean under the running belt with a soft, **dry** cloth. To clean, slide the cloth between the running belt and the deck from one side of the frame to the other side. You may need a ruler or rod to slide towel under the running belt. Then, holding the edges of the cloth, pull the cloth from the headroller to the tailroller.

*NOTE: DO NOT clean the running belt by activating the treadmill. DO NOT place feet or any weight on the running belt when cleaning the treadmill.*

- Inspect the running belt for alignment and tension.

*NOTE: DO NOT tighten the belt daily. The belt should be adjusted as necessary. For additional information on correcting a belt that has slipped or mistracked, please call your authorized STAR TRAC retailer at STAR TRAC service department at 800-503-1221, or access our website at <http://www.startrac.com>.*

- Verify power cord is not under the treadmill. If the power cord is placed under the treadmill, it may become pinched or bind up the elevation screws. This results in error codes or treadmill damage.

## **Monthly Maintenance**

Depending on usage, the following maintenance should be scheduled once a month or on an as needed basis:

- Vacuum the floor under the treadmill.
- Inspect the deck and belt surfaces for unusual wear. Visually inspect the deck for worn areas of the fiber board. Inspect the belt for a worn, glazed appearance on its underside.
- Check that the handrails are secure. If not, tighten the assembly screws.

If an error code is displayed, contact the authorized **STAR TRAC** retail dealer where you purchased your treadmill or the **STAR TRAC** service department at 800-503-1221 or access our website at <http://www.startrac.com>. Please have the serial number and the error code available.

<b>ERROR CODE:</b>	<b>CAUSE</b>
<b>NO STOP KEY</b>	Verify that Safety Key is engaged. Turn machine off for 5 seconds to reset. If problem persists, call for service.
<b>KEY DN</b>	(Key Down) This error occurs when one of the buttons on the display board is stuck. Turn machine off for 5 seconds to reset. If problem persists, call for service.
<b>NO RPM</b>	This error occurs when RPM sensor is not sensing a signal. Turn machine off for 5 seconds to reset. If problem persists, call for service.
<b>SP CNG</b>	(Speed Change) This error is caused by a sudden change of speed. Turn machine off for 5 seconds to reset. If problem persists, call for service.
<b>EL STL</b>	(Elevation Stall) Elevation motor has stalled. Turn machine off for 5 seconds to reset. If problem persists, call for service.
<b>EL RNG</b>	(Elevation Range) The incline % number is out of the specified range. Turn machine off for 5 seconds to reset. If problem persists, call for service.
<b>ELLOST</b>	(Elevation Lost) Motor control board is not receiving a signal from the elevation motor. Turn machine off for 5 seconds to reset. If problem persists, call for service.
<b>EL NOZ</b>	(Elevation No Zero) Incline sensor cannot find 0% incline. Turn machine off for 5 seconds to reset. If problem persists, call for service.

**NOTE:** It has been found that voltage dips in the AC power supply may cause the treadmill to reset. Normal workout will resume after resetting or initialization of desired mode of running operation.

If, after reviewing the *Trouble Shooting Guide* in *Chapter 8*, the problem still exists, contact your authorized **STAR TRAC** retailer or **STAR TRAC** service department. **STAR TRAC** product support can be reached at 800-503-1221 or through our web site at <http://www.startrac.com>.

You will be asked for the serial number. You can locate the serial number on the frame next to the power module.

Please be prepared to explain the problem and the symptoms to the **STAR TRAC** certified service technician. This information will enable the technician to assist in solving the problem.

## **STAR TRAC TR901 SPECIFICATIONS**

### **CHAPTER 10**

Overall Dimensions	28 1/4" X 69" X 52"
Running Surface Dimensions	19" X 53"
User Weight Capacity	300 Lbs.
Frame	12 gauge welded steel uniframe
Motor	2 HP Continuous Duty with angled brushes
Motor Control System	PWM (Pulse Width Modulation)
Power Requirements	110 volt, 15 amp circuit or 220 volt, 7.5 amp circuit
Roller Size	2" carbon steel
Running Deck	Reversible 1" composite fiberboard with low friction wax. Phenolic laminant surface
Shock Absorption System	Patented Impact Absorption System. Cushioning placed above and below the deck for impact and recoil absorption for low impact action
Incline System	AC single screw with 1,500 lb. thrust
Incline Range	0% to 12%
Speed Range	.5 mph to 10 mph
Programs	Quick Start, 14 pre-set programs, (including 2 heart rate controlled programs) and 5 Custom programs